

## Common symptoms for type 2 diabetes\*\*:

- Blurry vision
- Cuts/bruises that are slow to heal
- Extreme fatigue
- Feeling very thirsty
- Feeling very hungry
- Weight loss
- Tingling, pain, or numbness in the hands/feet
- Urinating often

You may want to see a medical professional if you have experienced these common symptoms for diabetes.

**Anthem**®. This program is supported through a generous grant from the Anthem Blue Cross and Blue Shield Foundation.



*The mission of the Western Reserve Area Agency on Aging is to provide choices for people to live independently in the place they want to call home.*

\*Pre-diabetes -Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes from the American Diabetes Association, 2017.

\*\*Symptom list adapted from American Diabetes Association, 2017.



## A Diabetes Awareness Program

Diabetes is a national concern.

One in four Americans has diabetes and doesn't even know it.

This program is for you if:

- ✓ You are interested in healthy living.
- ✓ You are interested in learning more about diabetes.
- ✓ You want to reduce risks and/or complications of diabetes.
- ✓ You have type 2 diabetes or you are pre-diabetic\*.



## Western Reserve

Area Agency on Aging  
Serving Cuyahoga, Geauga, Lake,  
Lorain & Medina Counties

925 Euclid Avenue, Suite 600, Cleveland, Ohio 44115  
216.621.0303 or 1.800.626.7277  
[www.psa10a.org](http://www.psa10a.org)

## The Key Is You!

Are you ready to make changes and learn how to control your diabetes? This interactive program is designed to **assist individuals and groups** with learning how to self-manage chronic diseases like diabetes. This program focuses on building a healthy lifestyle through nutrition, exercise, and stress management.

Contact our Community Outreach Department to learn more: 216.621.0303 ext.1357 or [rcarpenter@psa10a.org](mailto:rcarpenter@psa10a.org).

### Program offers:

- Workshops over the course of six weeks. Each workshop is 2.5 hours.
- Workshops are taught by trained and qualified diabetes self-management lay leaders.
- Participants enjoy healthy snacks/or light meal.
- Free health screenings – Blood Pressure, Body Mass Index (BMI), Cholesterol, Glucose, Height, and Weight measurements.



Come and learn how to manage type 2 diabetes by making small changes, step by step. Weekly topics include:

- Techniques to deal with the symptoms of diabetes— fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Taking medications as prescribed.
- Working more effectively with health care providers.
- Ask us about setting up a class weekdays, weekends, and evenings.

